GRADE 9 RATIONALIZED CREATIVE ARTS AND SPORTS TERM 3 RECORDS OF WORK – MENTOR

Week 1

TERM	WEEK	DATES	MON	TUE	WED	THU	FRI
Term 3	1						

SUBJECT & GRADE	DAY	PERIOD	STRAND & WORK COVERED	REFERENCE / MAIN BOOK AND ITS PAGES	REMARKS
Grade 9 Creative Arts & Sports			Creating and Performing in Creative Arts and Sports - Swimming (Body Positioning in Standing Dive): Discussed safe water entry methods and described arm, leg, trunk, and head alignment using pictures. Assessed through oral questions and written responses.	Mentor Creative Arts and Sports Learner's Book, pg. 157	
Grade 9 Creative Arts & Sports			Creating and Performing in Creative Arts and Sports - Swimming (Techniques for Standing Dive): Analyzed video clips on dive execution, noted safety zones, and outlined water safety rules. Assessed via oral discussions and safety checklists.	Mentor Creative Arts and Sports Learner's Book, pg. 158	
Grade 9 Creative Arts & Sports			Creating and Performing in Creative Arts and Sports - Swimming (Performing Standing Dive): Executed warm-up drills, ready position, and push-off dives into the deep end under safety guidelines. Assessed via practical demonstration and peer feedback.	Mentor Creative Arts and Sports Learner's Book, pg. 159	